

Kloe's Crema Sweet Corn



INGREDIENTS

- 4 ears fresh corn on the cob
- 1 cup sour cream
- 1 cup heavy cream
- 1 tsp salt
- 4 Tbsp melted butter
- 4 Tbsp grated Parmesan cheese
- 1 tsp paprika

INSTRUCTIONS

1. Prepare the crema sauce: In a medium bowl, thoroughly mix the sour cream, heavy cream, and salt. Set the sauce aside.
2. Grill the corn: Clean and oil your grill grates. Pull back corn husks to use as a handle if desired. Place the corn ears on a low-heat grill, turning them a quarter turn every 4-5 minutes. The grilling process typically takes about 15-20 minutes, giving the corn a smoky flavor.
3. Prepare the seasoning mix: While the corn is grilling, combine the grated Parmesan and paprika in a separate medium bowl.
4. Finish the corn: Once the corn is done, remove it from the grill. Brush each ear generously with the melted butter.
5. Season and serve: Brush the buttered corn with the prepared crema sauce, then sprinkle the Parmesan and paprika mixture over the top. Serve immediately.



Meet Sweet Corn Farmer Kloe

Kloe Wadd has been farming for six years with Kari, Mason, and Trent, growing and hand-picking five acres of bicolored sweet corn just outside Waseca. They pick fresh every single day to bring customers the sweetest, most flavorful corn possible. Outside of the farm, Kloe stays busy as a college student at the University of Minnesota-Crookston.

Sweet corn is versatile and nutritious. It helps regulate blood sugar levels, supports weight loss, and promotes heart health. It is also high in fiber which aids digestion and helps you stay fuller longer.

For more recipes, visit fbmn.org/Land-Life-Magazine/Recipes.

FUN FACT:

Corn is grown in every state and on every continent except Antarctica.

